

THE TIVERTON SENIOR CENTER

THE TIVERTON BARKER

207 CANONICUS STREET, TIVERTON,
RI 02878
TELEPHONE 401.625.6790

JULY 2005

COLT PARK PICNIC

The annual "COLT PARK PICNIC", sponsored by the Ocean State Dining Program (the program that provides our meals) will be held on Wednesday, July 20 at Colt State Park in Bristol.

You must make a reservation in the office in order to attend this picnic. It is a great day for those who attend.

If there is a desire I will try to use the bus for those of you who want to go and do not drive. Please let me know if there is an interest in the bus. If there is not enough interest in the

bus we will carpool.

For those of you who will be having lunch at the center, the menu for that day will be a box lunch.

It normally consists of a sandwich, potato or macaroni salad, and dessert.

The picnic menu will consist of:

- Boneless BBQ Chicken
- Hot Dog on a Roll
- Pasta Salad
- Three Bean Salad
- Brownie
- Watermelon

• Lemonade/Fruit Punch

The suggested donation is \$2.50. Please pay in the office.

Please sign up before July 8.

If you wish you may bring your own lawn chairs, table cloths, and games.



JULY 4

Enjoy a safe holiday.

The Center will be closed on Monday, July 4 in observance of Independence Day.



INSIDE THIS ISSUE:

CALENDAR HIGHLIGHTS 2

FARMERS MARKET COUPONS 2

MOVIES, CALENDAR HIGHLIGHTS 2

SING ALONG MAKE YOUR OWN SUNDAE 3

COMPUTERS BIRTHDAYS 3

FOR YOUR INFO 4

POT LUCK 4

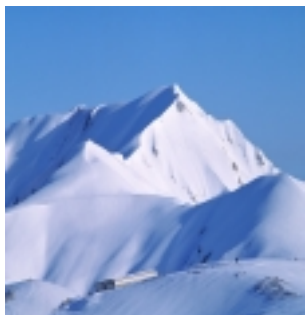
BLUE CROSS BLUE SHIELD COMMUNITY VAN *THIS IS A FREE COMMUNITY SERVICE*

The Blue Cross/Blue Shield Community Van will be in the Tiverton Senior Center parking lot on Thursday, July 14 from 9:30 to 11:30. The program will be Body Composition. Using the

latest technology, this simple test provides you with several indicators of your current fitness level, including percent of body fat, lean mass, and percent of body water. Hand-

outs & individual consultations are provided.





FRIDAY AFTERNOON MOVIE

Friday, July 1 at 1:00 the movie will be **"The Day After Tomorrow."** A look at what the world would look like if the green house effect and global warming continued at such levels that they resulted in world-wide catastrophe and disaster. A scientist who studies the ways weather patterns change tries to save the world

from global warming effects while trying to get to his son who is in New York City on a scholastic competition when the city is overwhelmed by the chilling beginnings of the new Ice Age.

On Friday, July 15 the movie will be "HOME TOWN STORY" featur-

ing Marilyn Munroe.

It's about a defeated politician who returns to his home town newspaper as a reporter.



CALENDAR HIGHLIGHTS

The Watercolor class will not meet during the month of July. They will resume in August on Tuesday mornings from 9 to 11

The Book Discussion group will not meet during July and August

MOVIES—Friday, July 1 and July 15 at 1 p.m.

Blue Cross Community Van—Thursday, July 14—Body Composition 9:30 to 11:30

Birthdays celebrated on Thursday, July 15. Please call for lunch

Colt Park Picnic, Wednesday, July 20

30's & 40's SING ALONG & MAKE YOUR OWN SUNDAE— Wednesday, July 27 at 1:30

Nurse— Thursday, July 28 at 10 a.m. She will also be doing Blood sugar testing and unfasting Cholesterol screenings.

JULY CALENDAR HIGHLIGHTS

Farmers Market Coupons Now Available

Farmers Market Coupons are now available in the office. They are offered to persons who are 60 or older and meet the income requirements.

Each eligible participant will receive a book with three \$5.00 coupons to-

taling \$15. When you use these coupons, please remember that you will not receive change, so make sure you spend the \$5, \$10, or \$15, or if it is an odd dollar amount purchase use currency for the difference so that you are not losing money.

The two closest Farmers Markets are:

Colt State Park, Bristol

Friday's 2 to 6 p.m.

Aquidneck Growers

909 East Main Rd.

Middletown, RI

Saturdays 9 to 1

SING ALONG 30'S & 40'S & MAKE YOUR OWN SUNDAE

On Wednesday, July 27 at 1:30 Ann Watkinson will be here to entertain us with her piano talent and sing along from the 30's and 40's. She will also be providing you with some trivia from that era. So tune up your voices and brush up on your history.

Immediately following Ann's performance (and yours too) we will in-

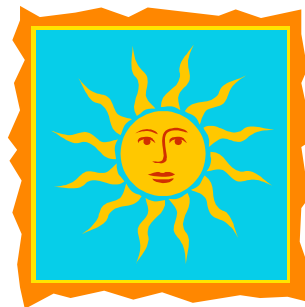
dulge in Making Our Own Sundaes. This is an absolutely do not miss event. You **MUST** sign up for this in advance so that we will know how much ice cream to supply.

There will also be a \$2.00 charge for the Sundae to help off-set the cost.

Please be sure to give

your name in the office by Friday, July 22.

Special requests for flavors & toppings are welcome.



Have you noticed that some half gallons of ice cream (64 oz.) are now only 56 ounces? It's funny how things get smaller as I get older.

LEARN MICROSOFT WORD AND EXCEL

I will continue to instruct this computer class through the month of July. The time of day will change. This session will be held in the afternoon from 1 to 2:30.

Classes will begin on Tuesday, July 12 and

continue on the 19th and 26th..

If you are interested in continuing or if you wish to start, please register in the office.

We move along slowly so that you are able to learn and ask questions

at your own pace.

Those who are taking this class now are enjoying it. New students are always welcome as long as we have a spare computer.

There is no charge for this class.

COME AND
LEARN
COMPUTERS
WITH JANICE.
I PROMISE IT
WILL BE FUN
AND STRESS
FREE.

HAPPY BIRTHDAY

Bill Falandys	03	John Lamagna	10	Jeff Czapiga	24
Mae Gauthier	03	Anne Brightman	10	Lillian Labrie	26
Helen Ottinger	06	Marie Valcourt	11	Sarah Gonsalves	27
John Christo	06	John Travers	11	Lina Bigelow	29
Margaret Rego	07	Manuel Costa	11	Ann Corscadden	30
Emma Monteiro	08	Jeanne Gaspar	16	Patricia Roppe	31
Normand Pratt	08	Anna Dewick	16	Irene Medeiros	31
Cecile Levesque	10	Mary R. Souza	20	Birthdays celebrated on	
Alice Medeiros	10	Helen Wilusz	22	Thursday, July 15	



Birthday
Wishes
To All

THE TIVERTON SENIOR CENTER

207 Canonicus Street
Tiverton, RI 02878

Phone: 401.625.6790

Fax: 401.625.6793

Email:

seniorcenter@townoftivertonri.com

FOR YOUR INFORMATION

Our Knitting and Quilting group has some of their work on display.

Baby sweater, hat, and booties sets • Sweaters for toddlers with matching hats • Baby Quilts • Afghans of all sizes and colors • Hats, scarfs, and mittens • Dog Bone pillows • Wheelchair caddies • Adult bibs and baby bibs • Lap robes for wheelchairs.

Our group makes many different and lovely items that can be

viewed upon request, but preferably on Thursday from 1 to 3 when the group meets. All items are available for sale.

Everyone in this group volunteers many hours making these items. Because this group is self-supporting, items are sold to enable us to purchase necessary supplies to keep the flow of progress going.

VOLUNTEERS ARE NEEDED

We are in need of Center Volunteers to help with Bingo and shopping, serve meals, deliver Meals on Wheels, and help with this newsletter. If you have any special talents such as musical, crafts, computers, or anything you would like to share, we would love to have you. Please see Janice or call 625-76790.

POT LUCK SUPPER

There is some interest in having a "Pot Luck Supper" at the Center during the month of August around 4 in the afternoon. If you are interested in joining us and bringing a dish, please contact Janice.

If we put some effort into this, it will be a fun filled afternoon with either a variety of different dishes or we can do a "theme."